拍数： 64
境数： 4
级数：Phrased Intermediate
编舞者：Silvia Schill（DE）－November 2020
音乐：Only Getting Started（feat．Cliona Hagan）－Derek Ryan

Sequenz：ABA，$A^{*}, ~ A B A, ~ A B A, ~ A A A * * ~$
The dance begins with the vocals
PartTeil A（4 wall）
A1：Shuffle forward $r+I$ ，back 2，shuffle back turning $1 / 2 r$
$1 \& 2$ Step forward with RF－LF beside RF and step forward with RF
$3 \& 4 \quad$ Step forward with LF－RF beside LF and step forward with LF
5－6 2 steps backwards（ $r$－I）（Option：bounce backwards，lifting right／left knee－bounce backwards， lifting left／right knee）
$7 \& 8 \quad 1 / 4$ Turn right and step right with RF－LF beside RF， $1 / 4$ Turn right and step forward with RF（6 o＇clock）

A2：Step，pivot $1 / 2 r, 1 / 2$ turn $r, 1 / 2$ turn $r$ ，shuffle forward，step，pivot $1 / 4$ I
1－2 Step forward with LF－ $1 / 2$ Turn right on both bales，weight at the end right（12 o＇clock）
3－4 $1 / 2$ Turn right and step backwards with LF－ $1 / 2$ turn right and step forward with RF
5\＆6 Step forward with LF－RF beside LF and step forward with LF
7－8 Step forward with RF－ $1 / 4$ turn left on both bales，weight at the end left（9 o＇clock）
Restart for $\mathrm{A}^{*}$ ：Cancel here and start over－ 6 o＇clock
End for A＊＊：The dance ends here－direction 6 o＇clock；at the end＇step forward with RF－ $1 / 2$ turn left on both bales，weight at the end left＇－ 12 o＇clock

## A3：Cross，side，behind－side－heel \＆r＋I

1－2 Cross RF over left－step left with LF
3\＆Cross RF behind left and small step to left with LF
4\＆Tap right heel diagonally on right front and RF beside LF
5－6 Cross LF over RF－step to right with RF
7\＆Cross LF behind RF and small step to right with RF
8\＆Tap left heel diagonally on left front and LF beside RF
A4：Rock forward，coaster step，rock forward，shuffle back turning $1 / 2$ I
1－2 Step forward with RF－weight back on LF
$3 \& 4$ Step backwards with RF－LF beside RF and small step forward with RF
5－6 Step forward with LF－weight back on RF
$7 \& 8 \quad 1 / 4$ Turn left and step left with LF－RF beside LF， $1 / 4$ turn left and step forward with LF（3 o＇clock）

Part／Teil B（4 wall；starts the 1st time direction 3 o＇clock）
B1：Rocking chair， $1 / 4$ turn $I$ ，kick，behind，side
1－2 Step forward with RF－weight back on LF
3－4 Step backward with RF－weight back on LF
5－6 $\quad 1 / 4$ Turn left and step right with RF－LF kick diagonally left in front（12 o＇clock）
7－8 Cross LF behind RF－Step right with RF
B2：Cross，hitch，cross，side，behind，sweep back，rock back
1－2 LF cross over RF－lift right knee and swing forward in a circle
3－4 Cross RF over LF－step left with LF
5－6 Cross RF behind LF－swing LF backwards in a circle

B3: Rock forward, $1 / 2$ turn I/toe strut forward/snap, $1 / 2$ turn l/toe strut back/snap, rock back
1-2 Step forward with LF - weight back on RF
3-4 $\quad 1 / 2$ Turn left and step forward with LF, only put on the tip of the foot - lower left heel/flip to the side (6 o'clock)
5-6 $\quad 1 / 2$ Turn left and step backwards with right foot, only put on the tip of the foot - lower right heel/flip to the side (12 o'clock)
7-8 Step backward with LF - weight back on RF
B4: Step, $1 / 2$ turn r/kick, back, kick, back, close, step, brush
1-2 Step forward with LF - $1 / 2$ turn right and kick RF forward (6 o'clock)
3-4 Step backwards with RF - kick LF forward
5-6 Step backwards with LF-RF beside LF
7-8 Small step forward with LF - swing RF forward
And don't forget to smile, because dancing is fun! There is no guarantee for errors in the translation, content, spelling, etc.!
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